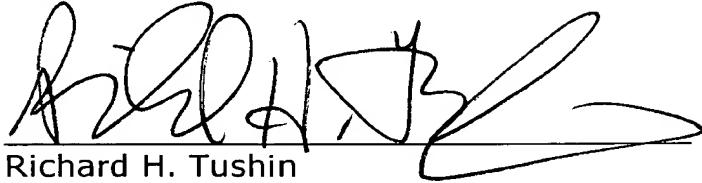


REMARKS

By this Preliminary Amendment the specification has been amended  
to refer to parent application Serial No. 09/164,361. Entry is requested.

Respectfully submitted,

DYKEMA GOSSETT PLLC

A handwritten signature in black ink, appearing to read 'Richard H. Tushin', written over a horizontal line.

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VERSION WITH MARKINGS TO SHOW CHANGES  
MADE TO SPECIFICATION

Continuation-In-Part of U.S. Patent Appln. No. 09/164,361

The paragraph starting at page 1, line 1 and ending at line 4 has been amended as follows.

CROSS REFERENCE TO RELATED APPLICATION

This is a continuation-in-part of application Serial No. 09/164,361, filed October 1, 1998, the priority of which is hereby claimed.

FIELD OF THE INVENTION

The present invention relates to an apparatus for physical training of persons that includes a work-out device to be actuated with the legs.